



The Senior Informer

JANUARY 2017

**ABINGTON COUNCIL
ON AGING**

441 Summer Street, Abington, MA 02351
781-982-2145

Website:

ABINGTONSENIORCENTER.COM

Suzanne Djusberg, Director

COADirector@Abingtonma.gov

Hours: 9AM to 2PM Mon. thru Thur.,
9AM to 1PM Fri.

Volume 14

Issue 1

Council on Aging Board of Directors

Jack Libby, Chairman
Marie Brown, Vice-Chair
Maureen Wall, Secretary
Karen DiLorenzo
Elizabeth Keefe
Larry Keough
Lurane Ryerson
Betty Slinger
Ann Welch
George Whiting, Emeritus

SLC Open House (See page 3)

Academy Awards, History, Trivia, etc., Jan. 26, 7PM, Abington Library (See page 4)

In-Door Pickle-Ball Schedule (See page 6)

Device Advice (See page 3)

ACTIVITIES

Bingo
Blood Pressure Screening
Bocce
Chair Yoga w/Joanne
Chess, Computer Classes
Cribbage, Exercise Room
Hatha-Yoga w/Joanne
Hearing Tests
Knitting & Crocheting Group
Line Dancing, Mah Jongg
Pickleball, Quilting Class
Senior Lunches, Tues. & Thu.
Tai Chi, Zumba

COUNCIL ON AGING STAFF

Suzanne Djusberg - Director
Karen Butler -
Nutrition Coordinator
Amy Barrett -
Outreach Coordinator
Transportation Coordinator
John Freese - Custodian
Jack Brown, David LaCouture,
Jack Libby - Van Drivers



DOG PARK IN ABINGTON'S FUTURE? —Alex Bezanson

I'm one of your five Selectmen, a resident of Abington since 1987, and was very active in youth sports when my son was younger. I served 22 years on the Conservation Commission and Open Space Committee and was elected Selectman in April 2015. I've been asked to write about the Abington Dog Park.

Soon after I was elected in April 2015 I received a call from local contractor Tim Warner asking me to meet with him and Sue McHugh to talk about a dog park. I didn't know we had a need for a dog park but was willing to meet and listen. I'm a dog lover. I was the Abington Animal Control Officer 15 years ago. On my first day at Animal Control there was a dog in the pound that nobody claimed. He was scheduled to be euthanized the following week. My wife Lisa and I fell in love with him and brought him home. He is a mix of Beagle, Shepherd, and Husky and according to Dr. Curtin he was about 1½ years old at the time. Mikey will be 16 in January and still doing pretty well. He has brought us tremendous joy over the years.

But, back to the dog park meeting. Tim was in the process of working on a design and construction of a dog park in West Bridgewater at a cost of about \$90,000.00. My first thought was I cannot present a proposal to the Selectmen or the townspeople to spend money on a dog park. But in meeting with Tim and Sue I was told there is a grant available to pay for dog parks from The Stanton Foundation, the following information is from their website:

As part of its mission of encouraging positive dog/human relationships, The Stanton Foundation provides grants to support the creation of enclosed dog parks in cities and towns in Massachusetts. The dog park grant process provides three phases of funding: design, construction, and capital improvement. During the design phase, the Foundation will provide funding for up to 100% of the design costs. During the construction phase, the Foundation will fund 90% of the hard construction costs, which is defined as labor and materials and does not include contingencies, insurance, permits, bonds, or other miscellaneous expenses. Construction grants typically range from \$100,000 to \$225,000. Finally, once the park is open, the Foundation will award three separate grants equal to 5% of the hard construction costs to make capital improvements to the park no earlier than 12, 18, and 24 months after the park opens. Town contributions required include land, water lines, other basic infrastructure, 10% of hard construction costs and ongoing park maintenance. The grant process is not competitive; proposals will be awarded to all towns that can make these required contributions.

While the decision to build a dog park has the potential for enormous benefit for the community, it also requires a major commitment of time and energy from the town as a whole. If your town is enthusiastic about bringing a dog park to the community and is willing to commit to the process, The Stanton Foundation encourages you to apply.

So as you can see our cost is only 10%. But even 10% would be too much to ask from the townspeople. So after that initial meeting I agreed to reach out to my fellow Selectman, Ken Coyle, who is on the surplus land committee, a group formed by the Selectmen to analyze all town owned land that is not being used and come up with suggestions to either sell or use the land. Ken and I met a couple of times and about the same time my wife Lisa asked to get involved as did Tim Warner's wife Carolyn and another resident, Lauren Sweeney. We now had a committee ready to raise the required 10% without using tax payer money.

After several months of meetings and looking at and walking several town owned lots, we finally suggested to the Selectmen the lot next to the senior center. This lot contains about 5 acres and was just gifted to the town by the church that built what is now the Senior Center. The Selectmen agreed to allow the —

(continued on page 6)

BOOK RECOMMENDATION

Flight of Dreams by Ariel Lawhon is a historical fiction novel that brings to life the last flight of the German zeppelin, *Hindenberg*, the world's largest airship.



On the evening of May 3, 1937, ninety-seven people boarded the *Hindenberg* for a flight to Lakehurst, NJ. It turned out to be the airship's final, doomed flight. This novel is the fictional story of the real people on board that flight as they floated over the Atlantic unaware of the tragic fate that awaited this zeppelin on the evening of May 6, 1937. This disaster ended the reign of the German airships. The *Hindenberg* burned in 34 seconds, half of 1 minute. All that is truly known is it burned so quickly because of a combination of hydrogen and thermite, but no one has ever been able to say for certain what ignited the hydrogen. There are many possible causes for the spark but the author chose the catalyst to be human. You won't want to put this book down.

HISTORICAL FIGURES

Martin Luther King, Jr. (born Michael King, Jr., January 15, 1929 – April 4, 1968) was an American Baptist minister and activist who was a leader in the African-American Civil Rights Movement. He is best known for his role in the advancement of civil rights using nonviolent civil disobedience based on his Christian beliefs. Martin Luther King, Jr. entered college at the age of 15, and became a civil rights activist early in his career. He led the 1955 Montgomery bus boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957. With the SCLC, King also helped to organize the 1963 **March on Washington**, where he delivered his famous "I Have a Dream" speech. There, he established his reputation as one of the greatest orators in American history. On October 14, 1964, King received the Nobel Peace Prize for combating racial inequality through nonviolent resistance. In 1965, he helped to organize the Selma to Montgomery marches. In the final years of his life, King expanded his focus to include opposition towards poverty and the Vietnam War, alienating many of his liberal allies with a 1967 speech titled "Beyond Vietnam." In 1968, King was planning a national occupation of Washington, D.C., to be called the Poor People's Campaign, when he was assassinated on April 4 in Memphis, Tennessee. His death was followed by riots in many U.S. cities. King was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal. Martin Luther King, Jr. Day was established as a holiday in numerous cities and states beginning in 1971, and as a U.S. federal holiday in 1986. George Washington is the only other American to have had his birthday observed as a national holiday. The Martin Luther King, Jr. Memorial on the National Mall in Washington, D.C., was dedicated in 2011.

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INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of January for the February 2017 issue). E-mail- foasnewsletterteam@yahoo.com.

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., on the 1st and 3rd Tuesdays of every month, 10:00 to 12:00 Noon. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age.* Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.

SENIOR TRANSPORTATION—CALL 781-982-2145

(24 HOUR ADVANCE NOTICE REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewater between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1:00PM. Cost for round trip is \$3.00. Each week we will alternate between malls.

SENIOR NUTRITION—CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

Senior Lunches: Tuesdays 11:30—cost \$4.00. Thursday 11:30—suggested donation is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

FUEL ASSISTANCE

Appointments have begun and may be scheduled by calling Amy Barrett at 781-982-2145-X2.

SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

POETRY CORNER***I THINK I KNOW NO FINER THINGS THAN DOGS***

Though prejudice perhaps my mind befores,
I think I know no finer things than dogs;
The young ones, they of gay and bounding heart,
Who lure us in their games to take a part,
Who with mock tragedy their antics cloak
And, from their wildeyes' tail, admit the joke;
The old ones, with their wistful, fading eyes,
They who desire no further paradise
Than the warm comfort of a smile and hand,
Who tune their moods to ours and understand
Each word and gesture; they who lie and wait
To welcome us – with no rebuke if late.
Sublime the love they bear; but ask to live
Close to our feet, unrecompensed to give;
Beside which many men seem very logs—
I think I know no finer things than dogs.

—Hally Carrington Brent

*I was always taught to respect my elders,
But it keeps getting harder to find one*



FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

JUNE 2016 started a new membership year good until JUNE 2017. Please make checks payable to:

"Friends of Abington Seniors, Inc."

and mail to P.O. Box 2035, Abington, MA 02351

Many thanks to families selecting "Friends of Abington Seniors" for memorial gifts.

Friends of Abington Seniors Membership for 2016-2017: \$7.00 per person or \$100 for lifetime membership.

Please send donations to this address: P.O. Box 2035, Abington, MA 02351

Name _____

Address _____

In Memory Of _____

Send Acknowledgement to _____

THE BIRTHDAY GIFT THAT KEEPS ON GIVING

Do you have a birthday coming? Can't think of anything you want or need?

Suggest a donation in your name to the Friends of Abington Seniors, Inc.

Memberships: Pauline Parent Marjorie Galvin Esther Leary Pat & Joe Jackman Maureen & Dennis Delsignore

Memoriams: Nancy Finnerty by Carol Drysdale Kay Cotter by Anne & Gerry Walters Fran by Jo

JANUARY CHUCKLE



Moe and Sam, who were both 90-years old, loved baseball, and they had their entire life. One day, they were sitting together on a bench in their neighborhood when Moe turns to Sam and says: "Will you promise me something? Promise me that if you die first and go to heaven, you'll come back and tell if there's baseball there." Sam agreed, and made Moe promise the same. Three months later, Sam died, and the next week Moe woke up in his sleep with someone calling his name. "Who's there?" he called out. "Moe! It's me Sam!" "Sam! It's so good to hear you! How's heaven?" Moe asked. "It's great, but I've some news, some good and some bad," Sam told him. "Well tell me the good news first," Moe replied. "OK, the good news is that, there is baseball in heaven." "That's great," Moe exclaimed. "What's the bad news?" "Well," said Sam, "the bad news is that I was reading the lineup, and you're pitching on Friday."

JANUARY PUZZLE

Can you name the state capitals? 1. Maine, 2. Maryland, 3. Massachusetts, 4. Michigan, 5. Minnesota, 6. Mississippi, 7. Missouri, 8. Montana See answers on page 8.



SENIOR COMPUTER LEARNING CENTER @ ABINGTON SENIOR CENTER

The Senior Computer Learning Center (SCLC) will hold its Open House and On-Site Registration for the Winter - Spring program from 10 a.m. to 12 p.m. on Wednesday, February 8, 2017 at the Abington Senior Center, 441 Summer St., Abington. The snow date will be Wednesday, February 15, 2017. The hands-on, practical computer courses start the week of February 27.

Classes are open to all residents, fifty and older, from all cities and towns in the Commonwealth.

Courses range from a free computer basic class, to the new Windows 10 operating system, as well as Computer Tips, Tablets, and Smartphones. The SCLC will also offer classes for iPad/iPhone, Saving and Editing Photos, Facebook, Genealogy, Buying and Selling on eBay, and other classes.

Registration material will be available for pick up and online starting the week of January 30th. Forms can be completed at home and then delivered to the senior center, along with payment. Also, on a space available basis, registrations will be accepted at the first class.

For more information, visit: seniorcomputerlearningcenter.org or call 508-521-4008.

DEVICE ADVICE

Would you like to borrow electronic books from the Abington Public Library? New Reference Librarian Marcie Walsh-O'Connor will offer ***Device Advice*** on **Tuesday January 10, 2017 at 10:30 AM** in the Copeland Room at the Abington Public Library. If you receive a tablet (such as an iPad or Kindle Fire) or eBook reader (such as a Kindle or Nook) as a holiday gift we can help you borrow eBooks from our eBook collection. You will need to bring your tablet or eBook reader and your library card to the program. If you use a Kindle device, you will also need your Amazon account login and password. If you are unable to attend, you are welcome to call or email the library to make an appointment with Marcie for help with accessing our eBook collection. You may also stop by the Library for help. **This program will be repeated on Wednesday January 11 at 7:00 PM in the Copeland Room.**

KAREN BUTLER, NUTRITION COORDINATOR, reports the **Giving Tree** response was unbelievable and heartwarming. All the cards were taken the first day; Karen replenished them three times. Many gifts for her Meals on Wheels clients and other deserving seniors were donated. And, through the generosity of FOAS, Christmas dinners were delivered to the MOW clients as well as other seniors in need. *Thank you all!*

OUTREACH — JANUARY 2017

With the winter months upon us, even though we have had a gloriously warm start to the winter, the weather will be getting colder and ice and snow will be becoming problematic for all. Here are a few reminders and tips for your safety and well being!

Always be mindful of how dangerous icy situations can be. Unfortunately, falls and injuries from the ice are common occurrences among senior citizens causing multiple injuries such as head trauma, bone fractures and serious lacerations. While young people can recover quickly from these types of injuries that is not the case for elderly people. Be sure to wear shoes with good traction and non-skid soles, and be sure to check the tip of your canes and replace them in the winter if they are worn. Lastly, make sure to remove wet shoes when you are in the house as tracking water throughout can make for yet another dangerous situation.

Cold temperatures can lead to frost bite and hypothermia—always dress in layers and dress for warmth. It is a good idea to wear a scarf lightly covering your mouth to protect your lungs from breathing in frigid air.

During the winter months because it may be more difficult for a senior citizen to get out socially and see other people...winter blues can be an issue. No one—no matter your age or demographic—likes feeling lonely and isolated, so it is critical that you check in on your elderly loved ones, a quick visit or a phone call could make all the difference.

Driving during the winter can be dangerous for anyone. However, for seniors who may not have the quick reflexes or may not get out driving as often, it can be particularly dangerous. Make sure to have emergency supplies in your car. Flashlights and jumper cables, a cell phone, and water are a few helpful things. Also, AAA membership is worth its weight in gold!

In the home you should always be prepared for emergencies and power outages. It is important to have candles, flashlight and lots of batteries, and if at all possible a battery operated radio. You want extra blankets accessible, and be mindful of the food in the refrigerator as you may need to put perishable food in a cooler, this is for safety as much as it is not wasting food.

Lastly, please check your carbon monoxide detectors and make sure the batteries are new and take good care of yourself. Eat a healthy diet (lots and lots of vitamin D needed this time of the year!) and stay as active as possible. Make sure to ask for help if you need it and try not to isolate yourself. It takes a village and we at the COA are here for you!

Here's to a blessed, peaceful, and joyous New Year! All my best. *Amy Barrett 781-982-2145 X2.*

DECEMBER RECIPE**Ham & Broccoli Quiche**

Ingredients: 1 box Pillsbury refrigerated pie crusts, softened as directed on the box; 1½ cups cubed (1/4 inch) cooked ham, 1½ cups shredded Swiss cheese, 1 cup frozen broccoli florets, thawed and well drained on paper towels;

4 eggs, 1 cup milk, ½ tsp salt, ½ tsp dry ground mustard, ½ tsp pepper.

Directions: Heat oven to 375 degrees. Place pie crust in 9 inch glass pie pan as directed on box for one crust filled pie. Layer ham, cheese and broccoli in crust-lined pan. In medium bowl, beat eggs and milk with fork.

Stir in remaining ingredients. Pour over broccoli. Bake 35 to 45 minutes or until knife inserted in center comes out clean. Let stand 5 to 10 minutes before serving.

GOOD TO SEE YOU AGAIN NOREEN

On Tuesday, Nov. 30, Noreen Jackson visited the Senior Center to catch up with all her friends and see how the activities she was so passionate about have fared since she left. Noreen moved to Indiana more than a year ago—everyone enjoyed seeing her again, if only for a few hours. Noreen's now back home in Indiana but she's thought of often. COA Director Suzanne Djusberg took this selfie: *Noreen (left) and Suzanne (right).*

**THE ACADEMY AWARDS—THE GOOD, THE BAD, AND THE OUTRAGEOUS with FRANK MANDOSA**

Join us at the movies! Film buff Frank Mandosa presents an enjoyable evening of Academy Awards trivia, history, film clips and more on **Thursday January 26 at 7:00 PM** in the **Copeland Room at the Abington Public Library**. All attendees will have the chance to win a small movie-themed door prize. Get the scoop on this year's nominees, as well as the great, and not so great, films of the past. Mr. Mandosa is a high school history teacher and film historian. He also co-hosts *Reel Life*, a Stoughton based cable program, which placed second for Arts and Theater at the 17th annual Alliance for Community Media-Northeast Region Video Festival in November, 2015. Registration is not required for this program; sixty adults and older teens will be accommodated on a first-to-arrive basis. This lecture is funded by State Aid to Public Libraries. Questions may be directed to Library Director Deborah Grimmatt at 781-982-2139 or via email at ablib@ocln.org

BREAKFAST WITH SANTA, SATURDAY, DECEMBER 10

—Diane Keith, Chairman

This event was very successful, as usual, and there were a lot of new faces. **Thanks** to the volunteers in the kitchen, the servers, the clean-up people, Peggy Keating for the raffles, Karen Tracey and Sheila Lambert in the Santa store, and their helpers, Frank Burke (Santa), the Tibbetts (photographers), John Freese, custodian, Joan Ridge (Mrs. Santa) and her granddaughters (elves), and everyone else who contributed their services. And a special thanks to Abington Elderly Services, Inc. who donated to the Santa Store, and to the Colony House for their donation of the eggs. Thanks also to the people who helped on Friday with the set up. It makes everything easier when volunteers help decorate, set up, work, and clean up. Next year Breakfast with Santa will be held on Saturday, December 9, 2017, from 8AM to 11 AM.



If you can read this, thank a teacher—and since it's in English, thank a soldier.

JANUARY 2017 LUNCH & ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| <u>2</u> SENIOR CENTER CLOSED <i>New Year Holiday Observed</i> | <u>3</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Hot Dogs, Beans, Cole Slaw, Brown Bread, Dessert, Beverage | <u>4</u> <u>10:00 Knitting Group</u> <u>10:00 Chess</u> <u>10:00-12:00 Quilt Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u> | <u>5</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30 Zumba (\$5)</u> | <u>6</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u> |
| <u>9</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00pm New Begin- nings Meeting</u> | <u>10</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> American Chop Suey, Salad, Italian Bread, Dessert, Beverage | <u>11</u> <u>9:00 FOAS Meeting and Election of officers</u> <u>10:00 Knitting Group</u> <u>10:00 Chess</u> <u>10:00-12:00 Quilt Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u> | <u>12</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30 Zumba (\$5)</u> <i>Full Wolf Moon</i> | <u>13</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u> |
| <u>16</u> SENIOR CENTER CLOSED <i>Martin Luther King Day</i> | <u>17</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Soup & Sandwich, Chips, Crackers, Dessert, Beverage <u>6:00 COA Meeting</u> <i>Ben Franklin born, 1706</i> | <u>18</u> <u>10:00 Chess</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u> | <u>19</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30 Zumba (\$5)</u> | <u>20</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <i>Inauguration Day for Pres. Donald Trump</i> |
| <u>23</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00pm New Begin- nings Meeting</u> | <u>24</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Meat Pie, Vegetables, Rolls, Birthday Cake, Beverage | <u>25</u> <u>10:00 Knitting Group</u> <u>10:00 Chess</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u> | <u>26</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30 Zumba (\$5)</u> | <u>27</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <i>New Moon</i> |
| <u>30</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00pm New Begin- nings Meeting</u> | <u>31</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken, Broccoli, Ziti Alfredo, Dessert, Beverage <i>Raccoons Mate Now!</i> | 1/10 Device Advice, 10:30AM at Abington Library re: borrowing electronic books (<i>see page 3</i>) 1/11 Repeat of above program, 7:00PM at Abington Library | <u>1/11 FOAS Annual Meeting for election of officers to precede the regular meeting</u> <i>(see page 6)</i> 1/26 Academy Awards, History, etc. 7PM Abington Library | <i>Menu subject to change</i> |

DOG PARK IN ABINGTON'S FUTURE? (continued from page 1)

committee to use some of that land for a dog park. The Selectmen also set up a gift account where people can donate money so the committee can raise the required 10%. We estimate the dog park design and construction will cost about \$75,000.00-\$100,000.00. Lauren and Sue have been working very hard over the last few months. At the "October Fest" events in town they set up a table selling tee-shirts and dog treats. They held a doggie costume parade; recently they had a "paint night". To date they have raised nearly \$5000.00.



We now have the funds to start the land survey and design phase of the project. If all goes as planned we should have the design completed and the grant application in to the Stanton Foundation early in 2017. Our plan is to receive the grant and construct the park in the spring and summer of 2017. The park will be completely fenced in with a double fence/gate at the entrance. There will be benches, water, waste cleanup bags, soft surfaces, grass areas and plenty of obstacles and areas for the dogs to run and play.

If you would like to follow the progress you can find information on Facebook at Abington (MA) Dog Park or you can contact me at any time 781-953-1236 or AlexBezanson@yahoo.com.

If you would like to donate, checks should be made payable to: Town of Abington Dog Park and mailed to or dropped off at the Town Hall.

IN-DOOR PICKLEBALL—Ann Reilly

For all you Pickleball lovers, Pickleball is being played at the following locations until the outdoor season resumes:

Rockland McKinley School (Community Center) Sunday mornings 9 - 12 noon.

Rockland Memorial Park School Monday and Tuesday evenings 5 - 8 p.m.

Cost- \$3 a session or \$5 for two sessions per week. Rockland Contact person: Peg Bryan 781-871-1266.

Hanover YMCA Friday evenings 5:30 - 7 p.m. and 7 p.m. - 8:30 p.m.

Cost-\$5 per session. Contact person: Mary Rice 781-771-6860

Weymouth Club -Monday, Tuesday, Wednesday, and Friday mornings 8 - 10 a.m. (Monday begins at 8:30)

Weymouth Club - Monday and Wednesday evenings 6 - 8 p.m.

Cost- \$5 per session. Contact person: Anne Neely 781-682-5812

Abington Woodsdale School Tuesday and Thursdays 4 - 5:30 p.m.

Cost- \$3 for one session or \$5 for two sessions per week. Contact person: Ann Reilly 617-984-9736

JANUARY NOTABLE EVENTS

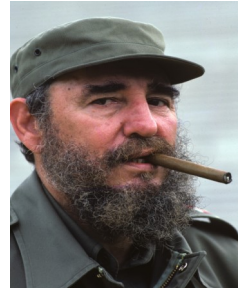
01/01/1959—Fidel Castro (b. 1927), after leading a revolution, seized power in Cuba and established a Communist dictatorship. The United States came to oppose Castro's socialist state under Communist Party rule, the first in the Western Hemisphere. He died November 25, 2016.

01/09/1960—Construction began on the Aswan High Dam across the Nile River in Southern Egypt. One-third of the project's billion-dollar cost was underwritten by Soviet Russia. The dam created Lake Nasser, one of the world's largest reservoirs at nearly 2000 square miles, and irrigated over 100,000 acres of surrounding desert.

Enough rock was used in the construction to build 17 Great Pyramids at Giza, one of the Seven Wonders of the Ancient World.

01/17/1966—A hydrogen bomb accident occurred over Palomares, Spain, as an American B-52 collided with its refueling plane. Eight crewmen were killed and the bomber released its H-bomb into the Atlantic.

01/29/1856—The Victoria Cross (VC) is the highest award in the United Kingdom honours system. The VC was introduced on January 29, 1856 by Queen Victoria, to honour acts of valor during the Crimean War. Since then, the medal has been awarded 1,358 times. Research was established that the metal for most of the medals made since December 1914 came from two Chinese cannons that were captured from the Russians in 1855. The remaining portion of the only remaining cascabel (a knoblike projection at the rear of the breech of a muzzle loading cannon) is stored in a vault maintained by 15 Regiment Royal Logistic Corps, and can only be removed under armed guard. It is estimated that approximately 80 to 85 more VCs could be cast from the source.

**A MESSAGE FROM THE DIRECTOR —Suzanne Djusberg**

Dear Staff and Members,

I want to extend a heartfelt thank you for an outstanding 2016. We have come a long way and accomplished a LOT. Every goal we had set was either met or exceeded and for that, I am especially proud. We could not have done any of it without the help of each and every one of you. So again, for a job well done, I thank you.

During the course of the year, we have had some unfortunate losses and a few wonderful additions. We, of course, have to acknowledge all of the hard work Jean Connell put into our center before she decided to move forward. We wish her the absolute, very best and miss her a ton.

I wish you all a *very happy and safe 2017!*

FRIENDS OF ABINGTON SENIORS ANNUAL MEETING

The annual election of officers and members for the Friends of Abington Seniors (FOAS) Board of Directors will take place on January 11, 2017 at 9:00 AM, immediately preceding the regular meeting of the Board. All members are invited to attend. Meetings are held at the Abington Senior Center. All members *should* attend to exercise their vote.

Senior Moment: You think the music kids listen to today is just noise.

**Abington COA
441 Summer Street
Abington, MA
02351**

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Write it on your heart
that every day is the best
day in the year.
—Ralph Waldo Emerson

Miscellaneous

Line Dance Schedule: Dancing with Dotty Belanger at Abington Senior Center on 1st and 2nd Friday afternoons at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 508-746-0079 for more information.

Support Groups– Open to the Public– No Charge: Grief Counseling/Bereavement Group, Abington, meets once a month at the Library, 1st Thursday, 6:30 pm. For further info call 781-982-2139. Prostate Cancer Support Group, monthly, 3rd Wed., 7 p.m., Brockton Hospital, Assembly Room 2nd floor by café.

Food Pantry: St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary/Convent at St. Bridget's, 781-878-1194.

Supporters of the Abington Seniors

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Richard McCollem, President; Beverly Hartery, Vice-President; Thomas Bates, Treasurer; Sheila Lambert, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informal Newsletter Staff: Marie Brown, Joanne Curtis, Lorraine Leventuk, Carol Najarian, Betty Slinger, Maureen Wall

Puzzle Answers: 1. Augusta, 2. Annapolis, 3. Boston, 4. Lansing, 5. St. Paul, 6. Jackson, 7. Jefferson City, 8. Helena

HAVE YOU MADE YOUR NEW YEAR'S RESOLUTIONS YET??

With the start of any new year, the custom of making New Year's resolutions is an almost unavoidable part of the transition to a new year. This custom happens all over the world. As we enter 2017 let's take a look back at when and why the New Year's tradition got started. The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. A similar practice occurred in ancient Rome. For early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future. Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. According to recent research, 50% of adults in North American will make a New Year's resolution; only about 8% are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions in January...after all, we've had about 4,000 years of practice.



The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.